



BABAJI'S KRIYA YOGA®

The first in a series of progressive initiations
with Vidhyananda
Los Angeles, Ca

June 9th & June 10th, 2018

The goal of life is happiness, peace, love and enlightenment. The desire for perfection comes from the Self, the image of God which seeks to express itself through all humanity.

KRIYA YOGA is a scientific art of perfect God truth union. It was revived in modern times by a great master of India, Babaji Nagaraj, as a synthesis of the teachings of the 18 siddhas. It includes a series of techniques.



Vidhyananda will be giving
an initiation seminar
Dates- June 9th & 10th
9 a.m. to 5:30 p.m.
Suggested contribution: \$250

7600 West Manchester Ave.
Community Room
Playa del Rey, Ca. 90293

A free introductory lecture will be
given from 7:30 pm-9:00 pm
June 8th
at the same location.

In this weekend you will learn
18 postures for greater health,
relaxation and energy; the 6
phases of the powerful
breathing technique, known as

**"Kriya Kundalini
Pranayama"**

to awaken and circulate subtle
energies; 7 techniques of
meditation to cleanse the
subconscious, to master the
mind and to bring about
realization of the Self and
Absolute Reality.

Vidhyananda LMT, RYT is the founder of Providence Healing Arts, a Yoga Studio & alternative healing center in Providence, Rhode Island, USA. As a student of Hatha Yoga and Kundalini Yoga for 40 years, Vidhya is a certified 500 hour yoga instructor facilitating retreats and teacher trainings throughout the world. She has over 25 years of experience in the study of Ayurveda, Macrobiotics and Traditional Five Element Theory.

Address: 7600 West Manchester Ave
Playa del Rey, Ca 90293

Local contact: Michelle Cole ph-213-399-1791
Email- michellejcole@yahoo.com

For more information on Babajis Kriya Yoga see www.babajiskriyayoga.net

Vidhyananda

Providence Healing Arts
60 Georgia Avenue
Providence RI 02905

Telephone 401 751 2050

Email: sherry@providencehealingarts.com